

MONTHLY SORTIE GOALS	
951st Airborne Air Control Squadron	74.0
Monthly flying-hour contract	43.4
Hours flown	-29.6
33rd Rescue Squadron	103.0
Monthly flying-hour contract	82.9
Hours flown	-20.1
905th Air Refueling Squadron	379.0
Monthly flying-hour contract	259.7
Hours flown	-119.3
445th Fighter Squadron	207.0
Monthly sortie contract	146.0
Sorties flown	-61.0
675th Fighter Squadron	177.0
Monthly sortie contract	88.0
Sorties flown	-89.0

Source: 18th MOS/MXOOP, as of June 21

THE

KADENA

SHOGUN

Vol. 19, No. 23

Kadena Air Base, Japan

Friday, June 24, 2005

WEEKEND WEATHER

TODAY: Mostly cloudy with rain showers
SW winds @ 12-25 knots
High: 84 Low: 79

SATURDAY: Partly cloudy
SW winds @ 10-18 knots
High: 88 Low: 77

SUNDAY: Cloudy
SW winds @ 15 knots
High: 86 Low: 77

FRIDAY MORNING'S
COMMUNITY BANK
EXCHANGE RATES

BUYING: \$1=¥106 SELLING: ¥111=\$1



Courtesy photo



Courtesy photo

Beyond soaking wet...

Kadena suffered more than \$1 million in estimated damages from the heavy rainfall last week that poured nearly 25 inches on the base from June 15-21. Mark Wheeler, 18th Civil Engineer Squadron deputy, said much of the damage was sustained in the munitions storage area and north side of the base. Flood waters swamped Perimeter Road and the north side of the base (left), a water line burst near Chibana Housing, and a landslide destroyed a retaining wall in the munitions storage area (above).

Chapman takes lead of Pacific Air Commandos

By Master Sgt. Adam Johnston
18th Wing Public Affairs

A former enlisted combat controller accepted the reigns of leadership for the 353rd Special Operations Group during a change of command ceremony on June 16th.

Col. Raymond J. Chapman accepted command of the Air Commandos of the Pacific from Air Force Maj. Gen. John H. Folkerts, vice commander of Air Force Special Operations Command, Hurlburt Field, Fla.

"The Air Force is truly a place of opportunity, where leadership is recognized above all else," General Folkerts said. "Ray has been there and done that and he has the complete support of Air Force Special Operations Command."

Colonel Chapman enlisted in the Air Force on Aug. 1, 1974 and went on to become a combat controller at Pope Air Force Base, N.C. from 1975 to 1977.

He separated from the Air Force on Aug. 31, 1977 to pursue a college degree. After graduating from Bowling Green State University, Ohio, he returned to active duty with a commission through the Air Force Officer Training School on Dec. 3, 1981.

"This is the pinnacle of my career," said Colonel Chapman to an



(Left) Lt. Gen. John Folkerts, Air Force Special Operations Command vice commander, hands over command of the 353rd Special Operations Group to Col. Raymond Chapman (right), 353rd SOG former deputy commander, during a change of command ceremony June 16.

audience of about 300 people after assuming command. "The fact that 40 percent of our people and 60 per-

cent of our aircraft are deployed is a testament to what we do in defense of our nation everyday," he said. "This

transition will be seamless and I guarantee, when we are called, we will be ready to execute anytime, anywhere."

A career C-130 navigator, Colonel Chapman was awarded the Air Medal for dropping a 15,000 lb. BLU-82 "daisy cutter" bomb on heavily defended Faylaka Island, Kuwait as part of a three-ship formation bomb drop during Operation Desert Storm.

He has also commanded the 8th Special Operations Squadron "Combat Talon I Blackbirds" and has served staff tours with Special Operations Command, Pacific at Camp Smith, Hawaii and U.S. Special Operations Command at MacDill AFB, Fla.

Colonel Chapman - formerly the deputy commander of the 353rd SOG - follows Col. Norman J. Brozenick, Jr. as commander of the group that supports special operations forces throughout the Pacific theater and Korea.

The 353rd SOG provides combat-ready special tactics forces along with airpower from MC-130 Combat Talon II and Combat Shadow aircraft.

Colonel Brozenick, who commanded the 353rd SOG from June 2004 to June 2005, will become commander of the 16th Special Operations Wing at Hurlburt Field.

Officials make Special Olympic Games a 'go' for Saturday, see page 7



The 5 P's of management

By Maj. Michael Lawrence
18th Component Maintenance
Squadron commander

General John Jumper, Air Force Chief of Staff, said the two most difficult things we do in the Air Force are flying and fixing airplanes, and each requires a Ph.D. For that reason, he initiated the Combat Wing Organization. Given our continuing challenge to fly and fix airplanes, I am sure he is right.

Today, we face a situation similar to the one that General Bill Creech faced as the commander of Tactical Air Command in 1979. When General Creech took command, TAC had an average mission capable rate of 55 percent, sorties flown per month were miserably low, replacement parts were non-existent and major aircraft incidents were high. However, General Creech was able to raise the mission capable rates to 86 percent, improve supply rates, reduce aircraft incidents, and provide realistic pilot training.

How did he do it? General Creech performed this extraordinary turnaround by instilling a management theory known as the five "P's": People, Purpose, Pride, Professionalism and Product.

He emphasized that people must be

led—not managed. He said that leaders must seek to motivate and inspire. Leaders ought to be responsible for the entire organization—not their own specific duties. As for purpose, General Creech said that the purpose of any aircraft maintenance unit is to produce combat ready aircraft. He compared the AMU to a football team saying the best leaders are like good coaches—they get individual players to work together for a common goal of winning the game.

But good coaches understand that if the players are unhappy, they often won't or can't contribute 100 percent. As for pride, General Creech was absolutely convinced that there are no poor outfits—just poor leaders. Good leaders put the spark in a unit. With respect to professionalism, he felt high standards should be part of any organization.

Flying hard and being good at it was important, but it had to be complemented by self-discipline, commitment and use of checklists.

General Creech put plenty of emphasis on "Product." For the fighter squadron and AMU, the products were sortie utilization rates and mission capable rates.

Tough times require expertise and inspired leadership. Teamwork is need-

ed to make any wing effective, especially during tough times. Conventional wisdom won't work. We have to be comfortable with being uncomfortable. Teamwork is best when built on trust, complete, open, and frank discussions.

Second, we have to realize that the challenges we face today are not going to be solved tomorrow, so individuals are likely investing without a tangible return...and that prospect has to be o.k. In a way, we are leading the Air Force in determining what it takes to sustain the fleet. Only then, will each of our collective talents be realized.

Third, we all have to remember that we are in a combat wing and must be ready when our nation calls. We don't fly to maintain, we maintain to fly—and we should be proud of that.

Finally, and most important, we cannot afford to underestimate human potential. Just three months ago, my dorm manager said after moving our Airmen into one of the oldest dorms on base: "We'll win the next dorm competition sir...you can count on it." Guess what, we did win. That old dorm is no different than any fleet here at Kadena. We can win and we will. A Ph.D may be required, but teamwork, selfless commitment, and readiness will carry the day.



A 37-year-old technical sergeant from the 18th Equipment Maintenance Squadron was recently convicted for driving while intoxicated April 2 with a breath-alcohol content of .095 percent. He was demoted to staff sergeant; given 30 days extra duty and a reprimand, in addition to a suspended \$2,500 fine over two months.

It has been...

2 days

since the last DUI arrest on Kadena.



18th Wing Commander...Brig. Gen. Jan-Marc Jous
Public Affairs Chief...Maj. Michael Paoli
Deputy Public Affairs Chief...Capt. Carlos Diaz
PA Superintendent...Master Sgt. Adam Johnston

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ACTION LINES

E-mail: 18wg.cchotline@kadena.af.mil



Brig. Gen. Jan-Marc Jous
18th Wing commander

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play. If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it. Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

Safety nets

Are there any plans to install safety nets at the Four Diamonds Softball Fields? Last year, our daughter was hit in the back by a ball causing a large bruise that was pretty painful for a few days. She was seven years old at the time and I can imagine what kind of injury could have occurred if she was two or three years old like many of the children at the games. After contacting the fitness center, we were told they didn't have the funds to install safety nets, and there wasn't a big enough safety hazard to justify them. Wing Safety has conducted inspections and I can't understand how the bleachers would not have been noted as a safety hazard. The top bleacher is eye level with the fence. How could it not be a hazard? Bleachers are usually located behind the back stops of a ball field and if not there are nets in place to protect the spectators. There are a lot of families that enjoy watching their parents play softball—especially the intramural league, but it isn't safe for spectators at the games. We have seen foul balls and even overthrown balls fly into the bleachers at very high speeds. It's only a matter of time

before a baby or small child is hit by one of those balls causing a serious injury. Is there a possibility of installing some safety nets at the Four Diamonds to help protect the families, spectators, and other team players? It may be the parents responsibility to watch over their children, but the base should be able to contribute to everyone's safety.

Thanks for your letter. I share your concern about the safety of all our spectators, especially children, at the softball fields and other athletic areas. The height (7'6") of the fences at the softball fields meets all safety regulations for athletic fields. In addition, the top row of the bleachers is clearly marked "for your safety do not sit on top bench." The Risner Fitness Complex has taken additional safety precautions, such as enforcing the "banned bat" rules and converting to the .44 core ball that significantly slows down the rate of speed at which a ball leaves the bat. Nevertheless, we agree that there's a potential hazard and a CE work order was submitted to correct the situation. When we have the funds to complete this project it will be accomplished.



SHOGUN WARRIOR OF THE WEEK



Staff Sgt. Misty DeRemer
18th Communications Squadron, NCO-in-charge of command and control systems
Hometown: Binghamton, N.Y.

Reason for nomination: Sergeant DeRemer superbly manages administration of the base Theater Battle Management Core System and the Global Command and Control System. These two systems are vital to leadership planning and execution of daily and contingency operations.

Time at Kadena: 6 months

Editor's note: Shogun Warriors are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.

News Briefs

DON'T DRINK AND DRIVE: Did you know – a DWI can cost you up to \$5,000 more in car insurance per year?

ENERGY CONSERVATION TIP: Keep window shades drawn on the sunny side of the building to limit the heat from solar radiation when the building is being cooled by air conditioning.

LIMITED SERVICES: The 18th Logistics Readiness Squadron receiving section will have limited property turn-in service from **now until July 15**. Customers can complete paperwork transactions at the 18th LRS Customer Service and arrange property drop-off at DRMO. For additional questions, contact Staff Sgt. Stancil at 632-7717.

- The Kadena Tax Center is closed until July 26. Starting Aug. 1, the tax center staff will only provide services on an appointments only basis. To make an appointment, e-mail tax.center@kadena.af.mil. Walk-in service will resume during the next tax season in January. For more information, call 634-3309.

VEHICLE REGISTRATION OFFICE CLOSURE: The Joint Services Vehicle Registration Office will close at 11:30 a.m. **today** for an official function. For more information, call 645-7481 or email jsvro@mcbbutler.usmc.mil

CHANGES OF COMMAND: Maj. Charles Metrolis will take command of the

31st Rescue Squadron from Lt. Col. Coy Speer during a change of command ceremony at 3:31 p.m. **today** at the 31st RQS hangar.

- Lt. Col. Richard Spillane will assume command of the 18th Aircraft Maintenance Squadron during a ceremony **Thursday** at 2 p.m. inside Hangar 1.

- Col. Terri Reusch will take command of the 18th Aeromedical Evacuation Squadron from Col. Barbara Johnston during a change of command ceremony **July 6** at 8:18 a.m. at the 18th Wing Headquarters' flag pole.

- Lt. Col. Guy Palumbo took command of the 18th Services Squadron **Thursday** from Lt. Col. Ross Roley.

- Lt. Col. William Gerhard took command of the 18th Communications Squadron **Thursday** from Lt. Col. Stephen Korns.

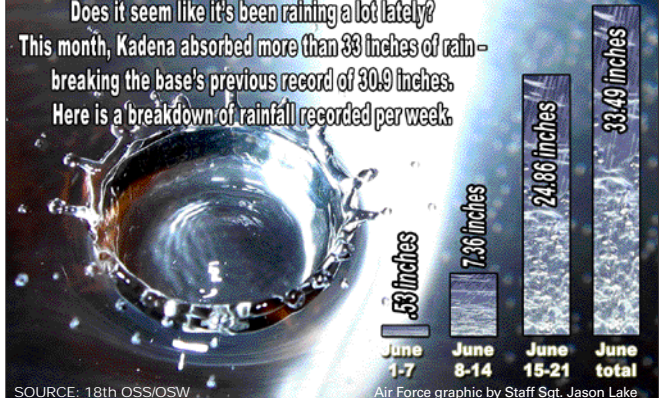
- Maj. Michael Christie took command of the 623rd Air Control Flight **Thursday** from Maj. Jessica Baker.

AMERICAN RED CROSS: A community first aid and safety instructor's course will be held **Monday through Thursday** from 8 a.m. to 5 p.m. Upon completion of the course, participants will be certified in CPR and first aid. Call the Kadena ARC at 634-1979 to sign up or find out more information.

- Starting **July 1**, the American Red Cross will handle Air Force Aid emergency assistance after normal duty

When it rains...it pours!

Does it seem like it's been raining a lot lately? This month, Kadena absorbed more than 33 inches of rain – breaking the base's previous record of 30.9 inches. Here is a breakdown of rainfall recorded per week.



hours, weekends, holidays and Air Force down days for all active-duty Airmen and family members. Call 634-7521 for more information.

VICE COMMANDER'S RETIREMENT CEREMONY: Col. Richard Zink, 18th Wing vice commander, will retire during a ceremony **Thursday** at the 18th Wing headquarters flag pole at 10 a.m. In the event of poor weather, the ceremony will be relocated to the officers club. All are welcome.

INTERNATIONAL ADOPTION WORKSHOP: Learn the basics involving adoption during a class at the Family Support Center **July 6** from 8 a.m. to 4 p.m.

Presenters, including parents who have completed international adoptions in the past, will provide information and answers to your questions. Call 634-3366 to register.

OUTREACH PROGRAM: The Life Skills Support Center is offering an LSSC representative to come to your unit to present prevention programs like stress management, suicide and violence prevention, and more. To schedule a presentation, contact Capt. Beverly Thomas or Staff Sgt. Jason Sharp at 634-1266. Theater briefings for suicide prevention for larger groups will be held the second Wednesday of every month.

The Okinawa Perspective

The following is a synopsis of articles that appeared recently in Japanese newspapers.

□ According to Japan National Police Agency officials, less than half of Japanese citizens with children use car safety seats. The rate of child seat use dropped for the second straight year to 49.1 percent.

□ Japan's Prime Minister Junichiro Koizumi attended a memorial service in Naha **Thursday** marking the 60th anniversary of the end of the Battle of Okinawa.

□ In Hokkaido, Japan's northernmost prefecture, government and private businesses are testing daylight savings time for the second straight year. Instead of setting the clock back, offices must set work hours ahead one hour for at least one week between now and July 31.

□ More than 60 percent of Japanese residents surveyed by the Japan Association for Public Opinion Research said they were in favor of revising the country's constitution, but split on the issue of Article 9. The Article renounces war and limits the country's military to a self-defense force.

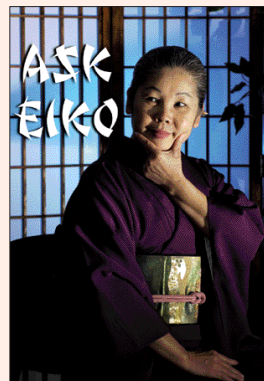
□ Japanese officials plan to increase fingerprinting of foreigners entering and exiting the country to decrease illegal immigration and the number of criminals that leave Japan under false identities.

Q : A friend told me that Japan doesn't really have a national flag or anthem. Is that true?

A : Your friend is correct in that no law has ever been passed to declare the flag (hinomaru) and the song (kimigayo) as the national flag or national anthem of Japan.

The Rising Sun flag – the plain red circle in the center of a field of white – was first used in 1854 when the Tokugawa government declared that it would be flown on Japanese ships to easily distinguish them from foreign ships. This was considered critical to the Tokugawa government because Japan was officially closed to foreigners, and foreign vessels could only stop at designated ports. Therefore, a method for easy recognition of "legal" vessels was necessary.

In 1870, shortly after the Meiji period began, the Grand Council issued a proclamation that this would be the standard flag flown on Japanese ships. Flying the "ship flag" became common practice at



"Ask Eiko" is a forum for readers to ask Japanese cultural questions to Kadena's family support center's cultural awareness expert, Eiko Ishikawa. To submit a question, send an e-mail to: kadenashogun.newspaper@kadena.af.mil with the subject line – ASK EIKO.

government centers and facilities; thus the flag became the de facto national flag of Japan.

The history of Kimigayo is even more interesting, as its birth was prompted by a British military band leader named Fenton who believed Japan needed its own anthem.

The lyrics for the song came from two ancient Japan-

ese poems and the music is a modern arrangement of ancient court music. A German music teacher named Franz Eckert also helped create the music for the song in 1880.

In 1893, the Ministry of Education decreed that Kimigayo should be included in the basic educational programs and used in the schools to celebrate national holidays. That practice spread until Kimigayo became the de facto national anthem of Japan.

Although neither were developed nor intended to be used to represent Japan as a military power, both the Hinomaru and Kimigayo became symbols of militarism during Japan's period of military buildup and expansion in the 20th century.

As a result, many in Japan are opposed to using the Hinomaru and Kimigayo as national symbols, and any discussions to legally decree them as such leads to fierce debates.

This is somewhat of a mute point because although no Japanese laws have been passed to make them the official symbols, they are recognized throughout the world as the Japanese national flag and the Japanese national anthem. Isn't cultural development fascinating?

U.S. ambassador talks with enlisted troops

By 1st Lt. Gerardo Gonzalez
18th Wing Public Affairs

The top U.S. diplomat in Japan toured Okinawa last week and delivered a personal message from President Bush during a joint-service breakfast with enlisted troops at the Marshall Dining Facility June 17.

Ambassador J. Thomas Schieffer spoke with Airmen, Soldiers, Sailors and Marines during various stops at U.S. bases on island, and addressed a wide range of topics relating to the military in Okinawa.

"When I first became ambassador, [the president] said to me that any time I came in contact with military personnel to please convey to them his personal thanks for their sacrifice and the duty they're doing for their country," said Ambassador Schieffer to servicemembers. "It is making a difference."

This was the ambassador's first trip to Okinawa since assuming his post in April. The timing of the visit was to coincide with the Kadena Special Olympics originally scheduled for June 18. Though the games were postponed to tomorrow, the visit still gave the ambassador an opportuni-



Air Force/Senior Airman Mercedes McAllister
U.S. Ambassador to Japan J. Thomas Schieffer, talks to servicemembers about the importance of the Japan-U.S. alliance during a visit to 18th Services' Marshall Dining Facility June 16.

ty to view U.S. military missions.

"Our military posture in this part of the world contributes to the stability of this region," he said. "I think we can all be proud of that."

U.S. presence here is not just important in military terms, said the ambassador. Last year's humanitarian

tsunami relief missions by Okinawa-based military units also contributed to regional stability.

"The folks here made a difference," he said. "The work that was done with the tsunami relief is some of the proudest work that any of us can be associated with."

Ambassador Schieffer also

addressed perceptions of negative U.S. relationships with the Okinawan community.

"The relationship between the U.S. military community and the Okinawa community is actually pretty good," he said. "I know from time-to-time we see stories about points of irritation, but in conversation after conversation

with individual Americans stationed here, they talk about the warmth, kindness and understanding of the Okinawan people."

That kind of anecdotal evidence is important, said the ambassador.

"It tells me that Americans and Okinawans can be friends, and are friends," Ambassador Schieffer said. "That's what we ought to work toward."

Beyond Okinawa, Ambassador Schieffer said the relationship between the two nations is very strong.

"Prime Minister [of Japan] Koizumi has said that the U.S.-Japanese relationship is the best that it has ever been. This is a new era that we're entering and one in which we'll have increased cooperation between Japan and the United States, and I think that together we can have great influence for good in this part of the world."

Prior to becoming the ambassador to Japan, Mr. Schieffer served as U.S. ambassador to Australia. During his tenure in Australia, he worked closely with the host government coordinating efforts in the war on terrorism, as well as rebuilding efforts for Afghanistan and Iraq.

Kadena units mold future leaders through Operation Air Force

By 1st Lt. Gerardo Gonzalez
18th Wing Public Affairs

Some Kadena Airmen are having the opportunity to influence tomorrow's leaders today as part of a program designed to raise understanding of the operational Air Force among Air Force Academy and Reserve Officer Training Corps cadets.

Operation Air Force started June 7 with the arrival of the first of three cadet groups that will spend 3-week stints here throughout the summer learning more about wing-level operations.

This year's program is different from previous years, according to Capt. Rhett Hierlmeier, 67th Fighter Squadron pilot and wing Operation Air Force director. In the past, cadets received a few briefings, toured some units and they were basically done.

"Now the emphasis has gone from getting to see what everything looks like to, no-kidding, get in the squadron and be an intern, shadow a CGO and really get an idea of what it's really going to be like [to be in the Air Force] both on-duty and off," said the captain.

One aspect of the new changes is for senior cadets with an assigned Air Force specialty code to shadow company grade officers serving in the same AFSC, said Captain Hierlmeier. This has proven to be an eye-opening experience for some.

"Pilots are busy," said Cadet 1st Class Trey Rives, an AF Academy senior and aspiring F-15 pilot. "They do a lot more than just fly. That's something I wasn't aware of."

Cadet Rives, assigned to the 67th FS, was also surprised at the amount of academic studying pilots do to keep their flying edge. Another surprise was the squadron atmosphere.

"There's so much camaraderie here," he said. "Everybody knows everybody and they try to help each other out."



Air Force/Airman 1st Class Stephanie Sinclair
Capt. Matt Petro (left), 909th Air Refueling Squadron pilot, briefs Cadet 2nd Class Eric Garcia, Cadet 2nd Class Ryan Powell, Cadet 1st Class Stephen Music and Cadet 2nd Class Daniel Quinlan, with the help of 1st Lt. John Belt (third from left), 909th ARS pilot, about the KC-135 Stratotanker prior to flying a mission with the cadets.

The cadets still received exposure to the different missions across the wing beyond their future career fields—an important aspect, according to Captain Hierlmeier.

"Once you get into the pipeline of your training or you get into your job, you don't even know what all the different groups do," he said. "This may be the only opportunity [for cadets] to see what the contracting squadron does, the security forces squadron..."

Another bonus of the program, according to the captain, is the specific pointers active-duty members

can share with the future officers.

"It's important to pass on lessons to the next guy because that's how we get better as an Air Force," said Capt. Hierlmeier. "If there's something I can tell [cadets] about pilot training, being an F-15 driver or just general information about the Air Force, then I'd like to pass that on."

More than 35 CGO's from various units are involved in running the program across the wing. About 60 cadets are expected to flow through Kadena by the time Operation Air Force ends in August.

How to avoid decompression sickness while diving

By Staff Sgt. Becky Hale
18th Physiological Training Flight

What more could a scuba diver possibly wish for than to be stationed on a tropical island surrounded by nothing but beautiful coral and amazing sea life?

Diving off the shores of Okinawa is full of adventure, excitement and fun, but unfortunately, it can also be extremely dangerous if you or your wingman are unaware of the risks that are associated with the sport.

Decompression sickness (DCS) is an illness that follows a reduction in barometric pressure. If you remember from your basic open water class, DCS is defined as the formation of nitrogen bubbles in the body fluids and tissues as a result of the change of outside pressure upon the body.

In 2003, the Physiological Training Flight treated a total of four DCS cases directly related to scuba diving. Last year, we treated a total of three DCS cases. But this year, we've already treated a total of five - all within the past three months.

There are several ways a diver may get DCS, but the last five cases have been diagnosed with similar contributing factors. These similarities include: diving beyond individual certification limits, improper multi-level diving, failure to complete safety stops/decompression stops, exceeding total bottom time, inadequate surface intervals, and dehydration.

DCS is always a concern for us here at the PTF - especially during the summer months when the diving season is at its peak.

Education and awareness is the primary means to prevent and minimize

The do's and don'ts of scuba diving

- ✓ Stay well hydrated before each and every dive. This helps increase blood circulation and offloading of nitrogen bubbles.
- ✓ Wear proper protection when water temperatures are cool. Blood circulation is reduced throughout the body when it's cold.
- ✓ Conduct a safety stop at 15 feet for at least three minutes - no matter how short or shallow the dive was; this will help offload nitrogen bubbles.
- ✗ Do not dive deeper than your dive certification allows - the deeper depths of the ocean require special training.
- ✓ Know your "no decompression limit" and don't exceed it.
- ✓ If your "no decompression limit" is exceeded, don't conduct a second dive.
- ✓ For multiple dives, plan second and third dives to the same depth or less.
- ✓ Limit all repetitive dives to 100 feet or shallower.
- ✓ When planning multiple dives - account for your residual nitrogen from your preceding dive.
- ✓ Conduct required surface intervals between multiple dives to allow the body a chance to offload some of the saturated nitrogen in the body.
- ✗ Don't drink alcohol before diving. Alcohol causes dehydration.
- ✓ Limit strenuous activity after a dive for at least 12 hours. Strenuous activity increases chances of decompression sickness.
- ✗ Never hold your breath while surfacing. This could overexpand the lungs, or cause an air gas embolism.
- ✓ Conduct a slow, controlled ascent to the surface. The body needs time to release nitrogen bubbles during respiration.
- ✗ Never ascend faster than your bubbles.
- ✗ Don't fly within 24 hours of a dive.
- ✓ Always plan the dive prior to entering the water and stick to it.
- ✓ If DCS is suspected, seek medical attention immediately. Prolonging treatment often causes permanent damage to the body, and in some cases, death.

the occurrence of DCS.

Because DCS is an illness caused by a reduction of barometric pressure; people put themselves at risk for DCS every time they dive.

Make sure you and your wingman know what the signs and symptoms are associated with decompression.

Some of the signs and symptoms include: joint discomfort, extreme fatigue, itching with rash, visual problems, coughing up blood, loss of con-

sciousness, paralysis, chest pain, dizziness, staggered walking and a numbness sensation.

If any unusual or unexplained sensations occur immediately after a dive (or within 24 hours following a dive), take quick action and seek medical attention as soon as possible. Steps to take at the dive site include:

- ✗ Call emergency services [911 on-base, 119 off-base].
- ✗ Administer CPR if necessary.

✗ Administer 100% oxygen if available.

- ✗ Hydrate individual.
- ✗ Immobilize affected areas.
- ✗ Keep history of events (prior history/dive profile/post dive events, etc.).

The PTF offers a diver safety awareness class once a month. This class is about an hour long and serves as a great course for new and experienced divers. For more information, call 634-1967.

Officials tout benefits of Microsoft home use program

By Phil Berube
Operations and Sustainment Systems Group Public Affairs

GUNTER ANNEX, Ala. — For about the cost of a month's subscription to an Internet service provider, most Airmen can get a copy of the software application they are currently using on their office desktops for use on their personal home computers.

The benefit, dubbed the Microsoft home use program, is part of Microsoft's commercial Software Assurance program. It was included in the overall Air Force Microsoft Enterprise License Agreement, which consolidates more than 40 separate license agreements across the Air Force into one.

For a small fee, Airmen, civilian employees and certain contractors assigned to eligible units can get a licensed copy of the same software they are using at work for home use.

"Having the same software at home allows them to become more proficient at their jobs," said Alphonso Bryant, the manager of the Air Force Microsoft Enterprise License Agreement at the Operations and Sustainment Systems

Where do I start?

Complete program details and eligibility requirements can be found online at <https://www.gunter.af.mil/contracting/microsoftea/home-use.aspx>.

To get the program code needed to purchase the software on the program Web site, people need to contact their command or organization's software benefits administrator.

A complete list of administrators can be found online at <https://www.gunter.af.mil/contracting/microsoftea/documents.aspx>. Click on "Air Force MS Enterprise Agreement MVLS SBA POCs."

Group here. "And if they become more proficient at their jobs, then they'll be able to accomplish the Air Force mission more efficiently."

Although the benefit almost sounds too good to be true, Mr. Bryant said only about 6 percent of eligible participants have actually taken advantage of the program.

"The only condition attached with the home use program is personal usage rights are tied to continued employment with the Air Force and ends with termination of employment or expiration of the Air Force's enrollment in Software Assurance," Mr. Bryant said.

People transferring from one eligible unit to another eligible unit do not need to remove the

software, he said.

Getting the inexpensive software is easier than people may believe, said Capt. Lee Beiermann, of OSSG, who recently purchased software for his home computer.

"The process is simple and easy, and I would definitely recommend anyone who is eligible to take advantage of the benefit," he said.

Another lesser known benefit of the Microsoft agreement is the employee purchase program. This benefit allows eligible participants to purchase Microsoft licenses and other consumer products at discounted prices. Again, people need to contact their administrator for the program code needed to purchase the products.

Tricare benefits enhanced for certain active-duty survivors

FALLS CHURCH, Va. — Active-duty families who live overseas, and who are on accompanied orders at the time of their sponsor's death, remain eligible for Tricare Prime benefits overseas during the three-year transitional survivor period.

During the three years following a sponsor's death, surviving spouses and children younger than 21 years old (23 if fulltime student) remain eligible for many active-duty family benefits as transitional survivors. At the end of the transitional survivor period, Tricare eligibility continues for survivors at the retiree family member status and rates.

Transitional survivors who are not enrolled in TOP Prime will continue to have access to overseas military treatment facility appointments on a space-available basis. Transitional survivors who choose to disenroll and relocate to an overseas site served by a military facility may enroll in TOP Prime at the new location. Those transitional survivors without nearby military facilities will be eligible for benefits under Tricare Standard at active-duty family rates.

Transitional survivors who choose to return to the United States may re-enroll in Tricare Prime in areas where it is offered. In areas where Tricare Prime is not offered, they may use Tricare Extra or Standard at active-duty family rates during the three-year period.

More information on Tricare survivor benefits is available online at www.tricare.osd.mil/Fact-sheets/viewfactsheet.cfm?id=324.

Courtesy of Tricare Management Activity

Today

DANCE PERFORMANCE: Watch a Kariyushi Ryukyuan Dance Performance at the Okinawa Prefectural Folk Theater starting at 7 p.m. Tickets cost ¥2,500. Call 866-2341 for more information.

TEEN RECOGNITION NIGHT: Enjoy free food and entertainment at the membership and teen recognition night at the Teen Center.

KUMON MATH: Youth ages 5 to 18 can learn to excel in math while developing superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

SUMMER FREE BOWLING: Children ages 9 to 18 are invited to bowl for free from noon to 5 p.m. at Emery Lanes. Children ages 10 and older must show an ID card to join and all 9-year-olds must be signed in by a parent. Children are required to have a participation form filled out and signed by a parent or guardian before joining the program. Pick up and return forms at the front desk. Call 634-2290 for more information.

TASTE OF THE TOWN TOUR: Call ITT at 634-4322 for more information.

BANYAN TREE CLUB: Play bingo from 7 to 8:30 p.m.

✓ Flashback Fridays with DJ Zacko from 5 to 10 p.m. followed by "Coyote Ugly" Virus from 10 p.m. to 3 a.m.

ROCKER NCO CLUB: Play social hour bar bingo in the lounge from 5 to 7 p.m. Game pieces go on sale at 4:45 p.m.

✓ Join "Boss and Buddy Night" from 5 p.m. until finish. Call 634-0740 for more details.

✓ De Ja Vu variety music with DJ Rough Rider from 5 to 9 p.m. followed by variety music until closing.

Saturday

MOVIE ON THE LAWN: Bring your blankets and lawn chairs to a movie on the lawn at Marek Park starting at 8 p.m. Free popcorn and drinks will be served.

CRAFTS FAIR: Come to the hand-made craft fair and see what island crafters have made from 10 a.m. to 4 p.m. at the Schilling Community Center. Products include wood shelves, baskets, candles, bath and body products and more. Vendor tables cost \$10 and admission is free.

TABLETOP WARRIORS CLUB: Join or learn to play tabletop gaming including Warhammer, Warhammer40K, Battletech, D&D, and Magic the Gathering from 10 a.m. to 10 p.m. at the Schilling Community Center.

QUILTING CLASS: Learn the techniques of machine patchwork quilting from 9 a.m. to 5 p.m. at the Schilling Community Center and discover how to make useful household items out of old clothing and fabric scraps.

SAX, FLUTE, CLARINET LESSONS: Children over the age of 5 and adults can learn to play an instrument in one-hour sessions from 7 a.m. to noon at the Schilling Community Center.

BOWLING TOURNAMENT: Participate in Emery Lanes' Ryukyu Island Bowling Association 40-frame game tournament at 7 p.m. to win cash and prizes. Participants must pay a fee when signing up at 6 p.m.

OKUMA AND HIJI FALLS TOUR: Call ITT at 634-4322 for more information.

YUI MONORAIL AND KOKUSAI STREET TOUR: Call ITT at 634-4322 for more information.

BANYAN TREE CLUB: Kickin' it Country with DJ TNT in the ballroom and Soul 4 Real - R&B, Hip Hop, Reggae and Old School with DJ Nate Love and DJ Steel

in the lounge from 8 p.m. to closing.

ROCKER NCO CLUB: Saturday Night Fever "Top 40" variety music from 9 p.m. until closing in the lounge, and Super Ladies Night from 10 p.m. to 3 a.m. in the ballroom.

OFFICERS CLUB: Gourmet night.

Sunday

VIDEO AND COMPUTER GAME

SWAP: Buy, sell or trade videos and computer games from noon to 2 p.m. at the Schilling Community Center. No new or copied videos or games will be accepted.

EMERY LANES: Up to five bowlers can rent a lane for \$15 and bowl for 3 hours from 8 to 11 a.m.

✓ Bowl for a dollar a game during family day, when parents and children bowl together from 8 a.m. to 10 p.m. A three-game limit may apply.

OKINAWA WATER PARK: Call ITT at 634-4322 for more information.

EXPLORE THE NORTH: Call ITT at 634-4322 for more information.

BANYAN TREE CLUB: R&B in the lounge from 7 until 10 p.m.

ROCKER NCO CLUB: Planet Vibe jazz with the Doctor from 5 to 8 p.m. followed by Top 40 hits until closing.

Monday

SUMMER FIT2WIN TEEN CHALLENGE: Earn points with each fit2win challenge by winning first place—10 points, second place—7 points, or third place—5 points at the Teen Center. Teens with the most points will win a first prize of \$100. Other prizes will be awarded.

JAPANESE CONVERSATION: Adults can learn practical conversation and Okinawan customs and culture from 7:30 to 9 p.m. at the Schilling Community Center.

SALSA LESSONS: Adults can learn how to salsa dance from 8 to 9:30 p.m. at the Schilling Community Center.

CAKE DECORATING: Learn the techniques for mastering cake decoration from 6:30 to 8:30 p.m. at the Schilling Community Center.

SUMMER FREE BOWLING: Children ages 9 to 18 are invited to bowl for free from noon to 5 p.m. at Emery Lanes. Children ages 10 and older must show an ID card to join and all 9-year-olds must be signed in by a parent. Children are required to have a participation form filled out and signed by a parent or guardian before joining the program. Pick up and return forms at the front desk. Call 634-2290 for more information.

SKOSHI BOWL: Bowl for a dollar a game during family night, when parents and children bowl together from 6 to 11 p.m. A three-game limit may apply.

BANYAN TREE CLUB: Enjoy games, and more than 140,000 songs on the new jukebox from 7 to 11 p.m.

ROCKER NCO CLUB: Play in the Game show night with host CNote from 7 to 11 p.m., where you can Rock Around the Clock with a chance to win prizes or a trip to the cash cube for a chance to win \$500.

Tuesday

TAI CHI: Adults can learn the Chinese art of Tai Chi Ch'uan involving slow motion moves and routines with numerous benefits to your health from 5 to 6:30 p.m. at the Schilling Community Center.

SUMMER FREE BOWLING: Children ages 9 to 18 are invited to bowl for free from noon to 5 p.m. at Emery Lanes. Children ages 10 and older must show an ID card to join and all 9-year-olds must be signed in by a parent. Children are required to have a participation form filled out and signed by a parent or guardian before joining the program. Pick up and return forms at the front desk. Call 634-2290 for more information.

EMERY LANES: Reminiscence about the good old days by enjoying hot dogs, corn dogs, fries, sodas and games of bowling for 75 cents each from 8 a.m. to 5 p.m.

BANYAN TREE CLUB: Enjoy a char-broiled 8 oz. rib-eye steak, baked potato bar, corn on the cob, home-made rolls and butter, iced tea or coffee for \$7.95 from 11 a.m. to 1:30 p.m. on the patio and in the lounge.

✓ Play in a pool tournament starting at 7 p.m.

ROCKER NCO CLUB: Join the Office Party from 5 to 7 p.m. followed by Krazy Karaoke with KJ QTU and LT from 7 to 11 p.m.

Wednesday

KEYSTONE COUNCIL MEETING: Teens ages 13 to 18 can voice their ideas and opinions for activities, events and field trips for the Teen Center from 3:30 to 4:30 p.m.

JAPANESE CONVERSATION: Adults can learn practical conversation and Okinawan customs and culture from 7:30 to 9 p.m. at the Schilling Community Center.

SALSA LESSONS:

Shooting hoops



Air Force/Airman 1st Class Stephanie Sinclair
Andrew Smith, son of Tech. Sgt. Nyle Smith of the 18th Comptroller Squadron, works on his shot accuracy after a game Wednesday evening. For more information on Youth Center sports programs, call 634-0533.

Adults can learn how to salsa dance from 8 to 9:30 p.m. at the Schilling Community Center.

KUMON MATH: Youth ages 5 to 18 can learn to excel in math while developing superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call 634-1387 for more information.

SUMMER FREE BOWLING: Children ages 9 to 18 are invited to bowl for free from noon to 5 p.m. at Emery Lanes. Children ages 10 and older must show an ID card to join and all 9-year-olds must be signed in by a parent. Children are required to have a participation form filled out and signed by a parent or guardian before joining the program. Pick up and return forms at the front desk. Call 634-2290 for more information.

MONA-KIDS JUNGLE: Call ITT at 634-4322 for more information.

BANYAN TREE CLUB: Play in a dart tournament starting at 7 p.m. followed by Request Night with DJ Keli from 8 to 11 p.m. Call Staff Sgt. Joseph Hale at 634-4428 or Johnny Paydol at 634-0644 for dart league information.

ROCKER NCO CLUB: Deep Groove jazz with the Doctor from 5 to 8 p.m. followed by Ladies Night with DJ Robski until closing.

OFFICERS CLUB: Enjoy family membership night for special family time together

and a complimentary buffet from 5 to 7 p.m. in the Kudaka room. Primary club members may bring their spouse or one guest who is not eligible to be a club member for free.

Thursday

JAPANESE CONVERSATION: Adults can learn practical conversation and Okinawan customs and culture from 10 to 11:30 a.m. at the Schilling Community Center.

JAPANESE CALLIGRAPHY: Bring Japanese words to life at this adult class from 6:30 to 8:30 p.m. at the Schilling Community Center.

TAI CHI: Adults can learn the Chinese art of Tai Chi Ch'uan involving slow motion moves and routines with numerous benefits to your health from 5 to 6:30 p.m. at the Schilling Community Center.

SUMMER FREE BOWLING: Children ages 9 to 18 are invited to bowl for free from noon to 5 p.m. at Emery Lanes. Children ages 10 and older must show an ID card to join and all 9-year-olds must be signed in by a parent. Children are required to have a participation form filled out and signed by a parent or guardian before joining the program. Pick up and return forms at the front desk. Call 634-2290 for

more information.

OKINAWA CHILDREN'S ZOO: Call ITT at 634-4322 for more information.

BANYAN TREE CLUB: Fired Up Country with DJ TNT from 7 p.m. to 1 a.m.

ROCKER NCO CLUB: Rub a Dub Reggae with DJ Rough Rider from 5 to 8 p.m. followed by Top 40 variety music until closing.

MOVIES

Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.

* First Run shows are marked by a star

Keystone Theater

- ▲ Today..... *Mr & Mrs Smith, PG-13, 9 p.m.
- ▲ Saturday..... *Mr & Mrs Smith, PG-13, noon
- *The Longest Yard, PG-13, 4 p.m.
- Amityville Horror, R, 7 p.m.
- ▲ Sunday..... *The Longest Yard, PG-13, noon
- Amityville Horror, R, 4 p.m.
- *Mr & Mrs Smith, PG-13, 7 p.m.
- ▲ Monday..... *The Homeymooners, PG-13, 7 p.m.
- ▲ Tuesday..... *Madagascar, PG, 1 p.m.
- *The Homeymooners, PG-13, 7 p.m.
- ▲ Wednesday..... Amityville Horror, R, 7 p.m.
- ▲ Thursday..... *Sisterhood of the Traveling Pants, PG, 7 p.m.

Butler Theater

- ▲ Today..... Sisterhood of the Traveling Pants, PG, 3 p.m.
- *Star Wars Episode III, PG-13, 7 p.m.
- Cursed, PG-13, 10 p.m.
- ▲ Saturday..... Sisterhood of the Traveling Pants, PG, 1 p.m.
- *Star Wars Episode III, PG-13, 7 p.m.
- Sahara (2005), R, 7 p.m.
- Hostage, R, 10 p.m.
- ▲ Sunday..... Sisterhood of the Traveling Pants, PG, 1 p.m.
- Hostage, R, 4 p.m.
- *Star Wars Episode III, PG-13, 7 p.m.
- ▲ Monday..... Sisterhood of the Traveling Pants, PG, 3 p.m.
- The Upside of Anger, R, 7 p.m.
- ▲ Tuesday..... Fever Pitch, PG-13, 7 p.m.
- ▲ Wednesday..... Hostage, R, 7 p.m.
- ▲ Thursday..... Ice Princess, G, 3 p.m.
- *The Homeymooners, PG-13, 7 p.m.

C H A P E L

Catholic

- ▲ Monday through Friday: Mass, Chapel 2, noon.
- ▲ Saturday: Confession, Chapel 2, 3:30 to 4:30 p.m.
- Liturgy, Chapel 3, 8:45 a.m.
- Vigil Mass, Chapel 2, 5 p.m.
- ▲ Sunday: Mass, Chapel 3, 8:45 a.m.
- Mass, Chapel 1, 12:30 and 5 p.m.

Protestant

- ▲ Wednesday: Bible Study, Chapel 2, 7 p.m.
- ▲ Sunday: Inspirational, Chapel 2, 8:30 a.m.
- Liturgy, Chapel 3, 8:45 a.m.
- Evangelical, Chapel 1, 9 and 10:45 a.m.
- General Protestant, Chapel 2, 10:30 a.m.
- Gospel, Chapel 3, 10:30 a.m.
- Sunday school, Bldg. 326 & 327, 10:45 a.m.
- ▲ Hindu services: Mondays, Chapel 1, noon.
- ▲ Eastern Orthodox services: Call 645-7486
- ▲ Jewish services: Call 637-1027
- ▲ Islamic services: Call 636-3219

2005 Event Schedule & Shuttle Bus Route

0800 GATES OPEN (MAIN GATE 5)
0800 CHECK IN TIME OF STAFF & VOLUNTEERS
0900 ARRIVAL OF ATHLETES
0900 ATHLETE CHECK IN
0930 1ST CALL TO ASSEMBLE FOR PARADE
0945 PARADE FORMATION
1000 OPENING CEREMONY
1110 10M RACE/200M DASH (Simultaneous)
1110 WHEELCHAIR SOFTBALL THROW
1110 ART EXHIBITION
1210 TENNIS SKILLS
1180 LUNCH
1120 IN MEET Band
1210 FLOOR HOCKEY
1210 BOWLING DEMONSTRATION
1210 EMERY LANES
1210 50M/100M DASH
1210 400M DASH/400M RELAY
1310 GROUND GOLF
1310 SOCCER SKILLS
1310 SOFTBALL THROW
1310 FRISBEE TOSS
1310 BASKETBALL SKILLS
1410 WHEELCHAIR 50M DASH
1410 STANDING LONG JUMP
1510 WHEELCHAIR BEAN BAG DROP
1630 CLOSING CEREMONY



Air Force graphic art by Airman 1st Class Rachel Johnson

Special Olympic Games kicks off Saturday

Rain or shine, the Kadena Special Olympic Games are scheduled to kick off at 10 a.m. Saturday. More than 6,000 athletes, family members, volunteers and fans are expected to attend the base's largest community relations activity of the year. Event organizers are asking Kadena residents to avoid using Gate 5 and driving near Kadena High School and Emery Lanes. Some of the events for this year's games include the 50-, 100- and 400-meter yard dashes, softball throw, floor hockey and a bowling demonstration for future games. Fans interested in attending should get dropped off at the Schilling Community Center to catch a shuttle bus, or simply walk to the event. "Come out and support the athletes because it's their day, and we want to make it memorable for them," said Senior Master Sgt. Diane Scott-Dailey, Kadena Special Olympics superintendent of operations.

'Active parents' get new workout area

By Staff Sgt. Jason Lake
18th Wing Public Affairs

Spouses bent on staying in shape, but stuck at home with the responsibility of watching the kids, now have a better option.

The Risner Fitness Center recently opened its new active parenting area for spouses with children under age six.

The \$30,000 quality-of-life project transformed a racquetball court into an area for spouses to work out on one side of the court, while children play with toys on the other side.

"The active parenting area provides a great opportunity for parents to work out in a safe, quiet area specifically designed for their use while supervising children," said Jason Vandenberg, director of the fitness center. "We are really excited to reach out to a segment of the community that was neglected in the past because of our strict [Air Force Instruction]-mandated age requirements."

The new area offers parents seven different cardiovascular machines to choose from and just enough space to have a personal trainer give a private lesson as well.

Kelly Montrose, wife of Tech. Terry Montrose from the 18th Communications Squadron, has worked out in the new area twice since it opened and said



Air Force/Staff Sgt. Jason Lake

Kelly Montrose (right), wife of Tech. Sgt. Terry Montrose from the 18th Communications Squadron, watches her 2-year-old daughter, Ciera, play while working out at the Risner Fitness Center's new active parenting area Thursday.

she thinks it is a great idea.

"It's great because I don't have to get a babysitter, or wait for my husband to come home before I can go to the gym," she explained. "The kids have a good time while you're getting a good workout."

Parents interested in using the area must first check-in at the service counter to have a staff member unlock

the room.

"The staff will open the area, set up movies and provide equipment orientations or fitness assessments on request," Vandenberg said.

Vandenberg said after 90 days of offering the service the staff may make some changes to the age requirements and services offered based on customer feedback.

Intramural soccer standings

Team	W	L	T
18 MUNS	3	0	1
961 AACS	3	0	0
18 CMS	2	1	0
390 IS	1	1	1
554 RHS	1	1	1
18 EMS	1	1	1
353 OSS	1	2	0
18 CS	0	1	0
18 CPTS	0	2	0
353 MXS	0	3	0

SOURCE: 18th Service Squadron, June 22

Intramural softball standings

Division I

Team	W	L
18 MUNS	4	0
733 AMS (A)	3	1
18 SFS	3	1
18 CS (A)	3	1
18 CMS (A)	3	1
18 CES (A)	2	2
718 AMXS (A)	2	2
353 MXS	1	3
18 AMXS	1	3
18 LRS (A)	1	3
18 EMS	1	3
18 SVS	0	4

Division II

Team	W	L
18 AMDS	3	0
390 IS	3	0
554 RHS	2	0
961 AACS (A)	2	0
353 OSS	1	2
82 RS (A)	1	2
18 MSS	1	2

Division II

Team	W	L
AAFES-PAC	4	0
18 LRS (B)	3	0
18 LRS (C)	3	0
18 CES (B)	2	0
18 MUNS	1	2
733 AMS (B)	1	2
961 AACS (B)	1	2
18 CMS (B)	0	2
SCP	1	1
18 CS (B)	1	2

SOURCE: 18th Service Squadron, June 22